

Kansas Health Summit: Built Environment and the Outdoors



Wichita, KS • Oct. 6-7, 2008

Hyatt Regency/Century II

To register, go to: www.krpa.org

Summit Overview

The design of a community, where people live, work, learn, and play, heavily influences their well-being. The built environment, whether it is conducive to walking and biking, includes plenty of opportunities to access fresh fruits and vegetables, has varied outdoor opportunities that include trail systems, and is safe, affects an individual's ability to be active and eat healthy. Many factors affect the built environment, including policy, city planning, coalition work, zoning, and citizen involvement. This summit will address how we can affect the built environment and enhance our current and planned trail systems to ensure our communities support healthy eating and active living and that this support stretches equally across all neighborhoods within a community and across the state of Kansas.

Monday, October 6

8:30 – 4:30 pm

Registration (Continental Breakfast will be provided 7:45-8:45am)

6:30 – 8:00 am

Active Tours (front of Hyatt Regency)

The Wichita-Sedgwick County Metropolitan Area Planning

Department will host walk/run/bike tours of Wichita each morning

Continued...

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at 6:30 a.m. The free tours (1 mile walk; 3 or 7 mile run or bike ride) will provide attendees the opportunity to be physically active while learning about Wichita history, trails and future plans.

Tours will cover various terrains, with sidewalks and streets being most common. Water and Gatorade will be available at the start/finish of each tour. The downtown Central YMCA, located at 402 N. Market will provide complimentary passes for access to shower/dressing facilities if you are not staying at the Hyatt Regency.

9 – 10:30 am

.1 CEU

Keynote Address

Winning Battles and Losing the War: A Look at Changing How We Build More Active Communities

Although the media and many Americans are focused on the nation's obesity epidemic, Mark Fenton suggests that we're much better off looking at the root causes of chronic disease in our society: physical inactivity and poor nutrition. Unfortunately, increasing physical activity in the American population has so far been a fruitless effort. This informative and entertaining presentation will offer a new look at how to incorporate activity into our daily routines by building communities that support physical activity.

Speaker: Mark Fenton, Public Health & Transportation Consultant/Contributing Editor, Health Magazine

10:30-10:45 am

PROGRAM BREAK

10:45 am-12 pm

Breakout Sessions 1

.1 CEU

Trails/Outdoor Track

Shared vs. Single Use Trails: When is Each Appropriate?

- *Equestrian, hiking and mountain biking group experts will share trail preferences and best examples of shared use and the issues involved in shared usage trails.*
- *Discussion will also focus on what criteria should affect the designation as single or shared use.*

Speakers: Charlie Armour, Kansas Horse Council; Dan Oldehoeft, Fancy Creek Bike Trail Manager; TBA (Hiking)

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Built Environment Track

Creating the Vision Metcalf Plan

- *An overview of a \$1.1 million study on the northern portion of Metcalf Avenue in Overland Park will be given and how it resulted in a 30-year strategic vision plan.*
- *The strategic vision plan will be discussed and include recommendations for street design, landscaping, signage, structure use and design, land and mobility.*

Speaker: Bill Ebel, Director of Planning and Development Services, City of Overland Park, KS

Nutrition Track

Community Coalitions as Strategy for Engaging Communities and Facilitating Change

- *Interactive session will outline how community coalitions have enhanced physical activity and nutrition through broad based collaboration and planning.*
- *Reports from successful communities that have facilitated positive change around enhanced nutrition and physical activity will be discussed.*

Speakers: Greg Meissen, Ph.D., for Community Support and Research, Wichita State University; Lynette Lacy, KL Connections

.1 CEU

Policy/Planning Track

Creating More Livable, Active Communities

- *This session will focus on the process of facilitating an “active community” workshop while illustrating the range of programmatic, infrastructure, and policy tools available to help create settings that invite healthy lifestyles.*
- *A walk audit tool and how it can be used as an aid in generating meaningful initiatives in a community will be explored.*

Speaker: Mark Fenton, Public Health & Transportation Consultant/Contributing Editor, *Health Magazine*

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12-1:15 pm

Lunch/Presentation (Working lunch)

Introductory remarks by a representative of the Kansas Division of Travel and Tourism followed by a tour of Kansas hiking and paddling experiences by guidebook authors.

1:30-2:45 pm

Breakout Sessions 2

.1 CEU

Trails/Outdoor Track

The State of Outdoor Recreation in Kansas

- *Key findings and recommended actions from the 2008 Kansas State Trails Plan will be summarized.*
- *Preliminary findings of the State Comprehensive Outdoor Recreation Plan will be discussed.*

Speaker: Jerry Hover, Ph.D., Director of State Parks, KDWP

Built Environment Track

Health and Wellness Benefits of Parks, Recreation and Open Space

- *The environmental, physical, sociological and psychological health benefits of parks and recreation will be discussed as well as how these can be advanced through actions related to community design, programming and public education.*
- *Success stories and strategies for repositioning parks and recreation as critical components of the community health promotion system will be discussed.*

Speaker: Andrew T. Kaczynski, Ph.D., Assistant Professor, Department of Kinesiology, Kansas State University

Nutrition Track

Healthy Eating Strategies in Worksites

Strategies on how to encourage employees to practice healthy eating habits in the workplace and how to incorporate healthy food options will be the focus.

Speakers: John Hale, Benefits Coordinator, City of Wichita; Nita Longfellow, Benefits and Compensation Director, Hawker Beechcraft; Shelley Stultz, SPHR, Human Resources Director, Hyatt Regency Wichita; Zita Mason, Wellness Professional, ICM; Kiersten Camp, ARNP, Cessna Health Services

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2:45-3 pm
3- 4:15 pm
.1 CEU

Policy/Planning Track

Creating More Livable, Active Communities

This session will be a repeat of Breakout Session 1

Speaker: Mark Fenton, Public Health & Transportation

Consultant/Contributing Editor, *Health Magazine*

PROGRAM BREAK

Breakout Sessions 3

Trails/Outdoor Track

Single Track Trail Assessment

- *Hike a nearby trail and evaluate the overall trail design.*
- *Observe successful trail features and identify problem trail sections.*
- *Discuss redesign or maintenance solutions.*

Speaker/Trail Guide: Mike Goodwin, Kansas Trails Council

Built Environment Track

Walk'n Wichita: Mobilizing Youth to Effect Change

- *Overview of a middle-school youth program designed to enhance understanding of the value of a built environment and its impact on physical activity will be given.*
- *Strategies on increasing skills to assess built environment and develop leadership skills to advocate for important health issues will be discussed.*

Speaker: Judy Johnston, MS, RD/LD, Research Instructor,

Department of Preventive Medicine & Public Health, University of Kansas School of Medicine - Wichita

Nutrition Track

Creating a Culture of Health in Schools in Kansas: What's Working, How Far Have We Come and What's Next

- *Panelists will discuss their best practice success stories and strategies.*
- *Strategies to be discussed include (1) student design and leadership in connecting healthy changes from classroom to community, (2) creative ways of engaging students, faculty and families, and (3) utilizing college mentors for after school programming.*

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Speakers: Elbert McGhee, Principal, Woodland Health and Wellness Magnet Elementary, Wichita; Brenda Sharp, Elementary Physical Education, USD #332, Cunningham; Thomas "Ed" Smith, Youth Development Coordinator, Haskell Indian Nations University

Policy/Planning Track

Sustainability and Transportation Infrastructure

- *Ways to integrate concerns for public health and water quality in community plans and policies for transportation infrastructure will be discussed.*
- *A review of problems associated with auto-dependent lifestyles including air and water pollution, climate change, and obesity will be given.*
- *How communities are investigating ways to promote different types of transportation infrastructure for a more sustainable future will be discussed.*

Speakers: Stacey Swearingen White, Ph.D., Associate Professor; Bonnie Johnson, Assistant Professor, KU School of Architecture and Urban Planning

4:15 pm

Big Ideas from Day 1

A summary of the day's presentations and how they all tie together will be provided.

Speaker: Jeff Usher, Kansas Health Foundation

4:00-5:15 pm

Vendor Setup

5:30-6:45 pm

Event Social (included in registration costs)

7:00-8:30 pm

A Special Presentation at Century II (Free and open to the public)

Last Child in the Woods: Saving Our Children from Nature

Deficit Disorder, (Book signing will follow)

Last Child in the Woods is the first book to bring together a new and growing body of research indicating that direct exposure to nature is essential for healthy childhood development and for the physical and emotional health of children and adults. Richard Louv offers practical solutions and simple ways to heal the broken bond – and many are right in our own backyard.

Speaker: Richard Louv

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Tuesday, October 7

- 6:30 am** **Active Tours** (front of Hyatt Regency)
- 8:00 am-3:00 pm** **Registration** (Continental Breakfast will be provided 7:30-8:15am)
- 8:30-9:15 am** **Opening Session**
 Rebuilding for Sustainability in Greensburg Kansas
Mr. Hardy will discuss the progress of the planning and redevelopment of Greensburg to make it the greenest community in the nation.
Speaker: Stephen Hardy, AICP, City Planner with BNIM Architects in Kansas City
- 9:15-10:30 am** **Breakout Sessions 4**
 Trails/Outdoor Track
 Children's Outdoor Bill of Rights: Strategies for Getting Youth in Kansas to Discover Outdoor Activities
- *Panelists will discuss success stories and suggest strategies for helping children be active in the outdoors.*
 - *Audience participation will be encouraged.*
- Speakers: Schanee' Anderson, Education Director, Sedgwick County Zoo; Bob Gress, Director, Great Plains Nature Center, Wichita; Jim Smith, Director, Dillon Nature Center, Hutchinson; Shari Wilson, KACEE, Commissioner, KDWP; Mike Vinyard, Kansas Wildscape Foundation
- Built Environment Track*
Building Sustainable Communities
Mr. Hardy will discuss planning for sustainability and how green communities are not only better for the environment but better for the health of residents and for economic development.
Speaker: Stephen Hardy, AICP, BNIM Architects
- Nutrition Track*
Access to Healthy Foods in the Community
A close look at healthy food options in Kansas communities and how to incorporate Kansas grown foods in local restaurants will be discussed
Speakers: Hilary Brown, Owner, Local Burger, Lawrence; Others TBA

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Policy/Planning Track

Pathway and Stream Corridor Planning Projects

Three perspectives of pathway and corridor planning and a current perspective on community and user needs will be discussed.

Speakers: Bill Riphahn, Parks and Recreation of Topeka (Topeka Trails Plan); Scott Dunakey, AICP, Wichita Area Metropolitan Planning Organization (WAMPO's Pathways Plan); Larry Hoetmer, ASLA, Wichita Park and Recreation Department (Arkansas River Corridor Access Plan)

10:30-10:45 am

PROGRAM BREAK

10:45-Noon

Breakout Session 5

Trails/Outdoor Track

.1 CEU

Capitalizing on Trails and Community Walkability as Elements of Destination Attraction

- *Two communities' perspectives on strategies for developing availability of places to walk, hike and ride will be given.*
- *Collaborative efforts to highlight these active experiences as attractions to be discussed.*

Speakers: Judy Billings, Director, Lawrence Convention and Visitor's Bureau (selected the state's most walkable city); Karen Hibbard, Director, Manhattan Convention and Visitor's Bureau (where active endeavors, including trail use, sweeten the attraction of the Little Apple).

Built Environment Track

Complete Streets: Methods for Involving Pedestrians, Bicyclists and Transit Vehicles on Your Streets

- *Technical information regarding physical improvements that can be implemented to make streets accessible to all users will be provided.*
- *Examples of policies that require accommodation will be described.*

Speakers: Lisa Koch, AICP, Public Transit Manager, KDOT; Becky Pepper, State Bicycle and Pedestrian Coordinator, KDOT

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Nutrition Track

Developing and Implementing Healthy Eating and Physical Activity Strategies in Unique Community Environments

- *Historian Carl Becker wrote of the Kansas frontier: "Idealism must always prevail on the frontier. To venture into the wilderness, one must see it not as it is, but as it will be." That sense of adventure and opportunity is the foundation for the community-driven health promotion initiatives that will be highlighted in this session.*
- *Health promotion projects that are implemented here in Kansas by youth and adult partners and fit the community's rural culture while using the "crazy ideas" of teens will be featured along with a "top 10" list of lessons-learned when working with youth-adult partnerships.*

Speakers: Elaine Johannes, PhD, Assistant Professor and Extension Specialist, Kansas State University; Amy Mayhill, Afterschool Coordinator, USD #417, Council Grove

Policy/Planning Track

Developing an Effective Team for Change

- *Health and Wellness Coalition of Wichita will present its efforts in engaging community organizations and policy makers to increase physical activity and good nutrition through programs, policies and people.*
- *Attendees will learn about the Coalition's goals, partnerships, establishing a community baseline for physical activity and nutrition, and new funding streams.*

Speakers: Mim Wilkey, Health and Wellness Coalition Chair, Wichita YMCA; Sonja Armbruster, Sedgwick County Health Department

Noon-1:15 pm

Lunch/Presentation – Successes in Columbia, MO. - Improving Nutrition and Physical Activity Options through a Variety of Venues

During his term as mayor of Columbia, Darwin Hindman has succeeded in improving access to physical activity and improving nutrition for residents of Columbia. He will share successes and challenges involved in implementing the Mayor's Council

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on Fitness and Health, building a new city recreation center, building a trail from Columbia to the Katy Trail and being one of four pilot communities to receive \$25 million Non-Motorized Transportation Pilot Program grant through SAFETEA-LU legislation.

Speaker: Mayor Darwin Hindman, Columbia, MO.

1:30-2:45 pm

.1 CEU

Breakout Session 6

Trails/Outdoor Track

Keeping the Great Outdoors Great: Taking the Necessary Steps to Keep Outdoor Experiences a Family and Public Priority

Panel members will explore key issues and offer strategic recommendations relative to coalition building with the intent of effective advocacy in support of quality outdoor recreation experiences.

Speakers: Charles Black, Executive Director, Kansas Wildscape; Nichole Freund, The Coleman Company; Jerry Hover, Director, Kansas State Parks; TBA, Kansas Department of Health and Environment; Mike Goodwin, Kansas Trails Council

Built Environment Track

Food Deserts and Obesity

Results from a research study that investigated the relationship between retail food environments and obesity in Kansas will be unveiled; public health implications will be discussed.

Speaker: Paula Ford, Regional Professional Development Coordinator, North Central Region Sustainable Agriculture Research and Education Program, Kansas State University

Nutrition Track

Community Foundation Teams: Ideas to Action

Facilitated session will move ideas gained from the conference home in the form of action items and will help prioritize ideas that will work in your communities with first step planning.

Speakers: Greg Meissen, Ph.D., Center for Community Support and Research, Wichita State University; Lynette Lacy, KL Connections

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Policy/Planning Track

Creating Bicycle Friendly Communities

*How communities can successfully become a League of Bicyclists
"Bicycle Friendly Community" will be discussed.*

Speaker: Deb Ridgeway, Bicycles and Pedestrian Coordinator,
City of Kansas City, Missouri

2:45-3:00 pm

3:00-3:30 pm

PROGRAM BREAK

Wrap-up Session – Pulling It All Together: Moving from Ideas to Action

*Mark Fenton will pull together the various pieces of this
conference puzzle into a complete picture to help everyone better
understand the opportunities presented and how you can be a
strong leader on the local or state level in advocating for healthy
lifestyle changes.*

Speaker: Mark Fenton, Public Health & Transportation
Consultant, Contributing Editor, *Health Magazine*

General Contact Information

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Kansas Health Foundation

